



BAIN 50+ CENTER

It's a great day in the Bain Neighborhood!



5470 Ruth Keeton Way

Columbia, MD 21044

Office: 410-313-7213

Fax: 410-313-7465

Senior Center Hours

Monday-Wednesday

8:30 am-4:30 pm

Thursday, 8:30 am-8:30 pm

Friday, 8:30 am-4:30 pm

Website:

www.howardcountyaging.org

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Bain Center Council Hosts 21st Annual Penguin Pace February 7, 2016

The race is an officially sanctioned 5K event managed by the Striders of Howard County. It will be followed by the sumptuous Penguin Pace brunch and awards ceremony.



Sponsorships are needed. This event is the Bain 50+ Center Council's largest fundraiser each year. Funds raised support the Howard County population and the many programs at the Bain 50+ Center, including the healthy continental breakfast; the low vision

group activities, monthly entertainment, Brain Neurobics, and many events. The council is seeking donations from both individuals and organizations. The Council is a non-profit 501(c)(3) organization. We look forward to everyone's participation. For further details, contact Peter Eisenhut, Council President at 410-740-0296.



General Information

BAIN 50+ CENTER STAFF

Linda Jackson Ethridge, Director, 410-313-7468
Tammy Wiggins, Assistant Director, 410-313-7469
Fatina Galloway, Nutrition/Rentals, 410-313-7390
Deborah Spittel, Registrar, 410-313-7213
Wendell Porter, Facilities, 410-313-7464
Sidney Lightfoot, Building Attendant, 410-313-7213

HEALTH AND WELLNESS

Ingrid Gleysteen, Paws4Comfort, 410-313-7461
Elaine Widom, SeniorsTogether, 410-313-7353

STATE HEALTH INSURANCE ASSISTANCE PROGRAM

To make an appointment, 410-313-7392
Barbara Albert, Coordinator, 410-313-7391
Ayse Tokbay, 410-313-7389
Jeanette Krapcho, 410-313-7596
Terese Klitenic, Coordinator, SMP, 410-313-7386
Bunny Garber, 410-313-7389

MARYLAND ACCESS POINT

To make an appointment 410-313-5980
Sunny Moon, 410-313-7388
Kim Freeman, 410-313-7288

RECREATION AND PARKS

Cathy Vigus, Senior Adult Programs, 410-313-7311
Ginny Russ, Trips and Tours, 410-313-7279
Curtis Gore, Recreation Coordinator 410-313-7281

Get Your Bain Newsletter Electronically

Sign up at the front desk to be added to our Email Distribution List. Stay informed on upcoming program information.



Please Sign In

It will only take a moment. Use the sign-in book on the podiums by each entrance. We request that everyone sign in. Our average daily attendance helps us measure our good work in the community.

NAVIGATING THE CENTER

LUNCH PROGRAM

To join us for lunch, please sign up in advance in the Lunch Room (Great Room 3). Please call 410-313-7390 to cancel your lunch reservation if you are not coming. Our lunch number reflects the number of reservations placed, and the County is charged for the number ordered. For members **over** 60 years of age, a goodwill donation is gratefully appreciated. Generous contributions ensure the viability of this important program. Members **under** 60 years of age will be charged the full cost of the meal. Pay at the front desk. A regular meal is \$4.10 and special meals are \$5.39. Lunch is served Monday through Friday at 12 noon.

SIGN-UP and PAYMENT

The Front Desk is open for transactions between 8:30 am and 4 pm. Payments may be cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

TRANSPORTATION

Transportation is available to the 50+ Center for older adults through RTA Mobility, riders must be certified. For certification, reservations, and cancellations please call the Customer Service Line at 1-800-270-9553. You may also visit their website at www.transitrt.com. Transportation to the Bain 50+ Center is also available through Neighbor Ride. For additional information call Neighbor Ride at 410-884-7433.

PLEASE NOTE

Bain 50+ Center membership is required to attend or register for any class, program, or activity. Membership is free and the application is quick and easy. Stop by the Front Desk for an application.

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

Bain Council & Information

Bain 50+ Center Council Dance

1:30-3:30 pm Cost: \$2

Friday, January 8: Rearview Mirror

Friday, February 12: Professor Jay (DJ)

Refreshments Served

Look for changes to the Friday dances!

Howard County Office on Aging Inclement Weather Policy

Howard County Schools **Closed**,
the Bain 50+ Center will be **Closed**.

Howard County Schools **2 Hour Delay**, the Bain 50+ Center
will open at 10 am. No lunch will be served and no
para-transit transportation.

Howard County Schools **1 Hour Delay**,
the Bain 50+ Center will open as usual at 8:30am.

2016 REGISTRATION SEASON

The Office on Aging request that all 50 +Center members to ensure that we have the correct information in our database. If any of your contact information has changed in the last year, including emergency contacts, please inform the Front Desk. This information is used in an aggregate form to show the State and Federal Government (funders of many of services and programs) how many people we serve each year. Demographic information helps our funding agencies see who we are serving.

Center Closings



Monday, January 1

New Year's Day

Monday, January 18

Dr. Martin Luther Kin Jr. Day

Monday, February 15

Presidents' Day

Bain 50+ Center Council

The Bain Center Council is a non-profit 501 (c) (3) advisory and fundraising organization that supports the programs and operation of the center. The members of the Council represent YOU! They welcome your suggestions and contributions. Contact Peter Eisenhut, Council President, or any Council member through the front desk.

Merry Day

Jackie Dunphy

Jeane Evans

Peter Eisenhut

Valerie Hoelz

Jim McDiarmid

Su Patterson

Priscilla Pitts

Jean Salked

Arleen Tate

Malcolm Wolf

Albertha Workman

Eileen Zuckman

The Bain Council generously sponsors a nutritious Continental Breakfast on Tuesdays-Thursdays at 9:30-10:30 am. Your support of council events make this breakfast and many of our programs possible.

Need Special Accommodations?

If you need accommodations to attend a program, or need this publication in an alternate format, please contact the Bain Center, at 410-313-7213 or by email at lethridge@howardcountymd.gov one week prior to the date of the event.



Find us on Facebook
www.facebook.com/HoCoCitizen

January Programs

50+ LGBT Support & Social Group

1st Thursdays

January 7 & February 4

6 pm-8 pm

Social Group meetings for the 50+ Lesbian, Gay, Bisexual, and Transgender community with support, resources, and conversation in a welcoming, safe, and confidential setting. For questions or to confirm attendance, please contact group facilitator: Jessica Rowe, LCSW-C at 443-980-2914 or jessicarowe100@gmail.com.

Lyric Opera Baltimore Presents:

A Grand Night for Singing

Tuesday, January 12

11 am/ Free

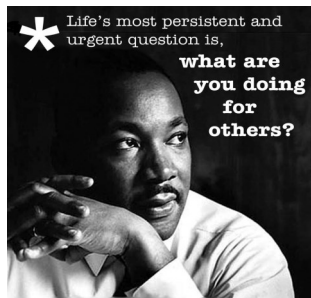
A collection of songs by Rodgers and Hammerstein from five of their most famous musicals: Oklahoma!, Carousel, South Pacific, King and I and The Sound of Music. Audience members will learn interesting facts about the composers and the shows while they are transported back to the Golden Age of musicals! A special lunch will follow, Please sign up for lunch by January 6 in the lunch room.

Dr. King's Day of Service— Food Donation Drive

Friday, January 15

12 pm/ Lunch Donation

Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: **'What are you doing for others?'**" We plan to answer the call of service by providing a **catered Chicken & Waffle Brunch** in hopes that you answer the call by bringing in non-perishable food items for the Howard County Food Bank. Donations will be accepted January 4—15. **Must sign up in the lunch room by January 8.**



A Touch of Gracye Jewelry & Tea Party

Tuesday, January 26

10-11:30 am/ Free

Meet & Greet Gracye Johnson, Jewelry & Art Instructor, and learn about her new programs which are coming to the Bain 50+ Center this spring. Her classes include Introduction and Intermediate Jewelry Design, Introduction to Wire Work, Painting Glass, Candle Decorating, Tie Dyeing and other Arts. Must R.S.V.P. by January 19.

Meet Our Very Own Author

Dewey M. Erlwein

Tuesday, January 19

10:30-11:30 am

Author Dewey Erlwein will discuss his two books, "The Colony and the Cavemen" and "Skytribe". Light refreshments served. Sign-up in the lobby.

Foreign Film, Lunch and Discussion

"Tangerines"

Wednesday, January 27

11:30 am \$13

Join us for lunch and an enjoyable learning experience. Films selected include comedies, classics and dramas. Enjoy a catered lunch followed by a facilitated group discussion. Register by January 20th.

Facebook 101

Thursday, January 28

10:30-11:30 am / FREE

Learn how to set up a free social media page and get connected with old friends, classmates, co-workers and family members. Space is limited. Register at the front desk.



January & February Programs

The Bain “Buzz” Book Club
10-11:30 am / FREE



Upcoming Book Selections

3rd Wednesday of the Month

January 20—*The Husband’s Secret*
by Liane Moriarty

February 17—*Ordinary Grace*
by William Kent Krueger

Baltimore Museum Industry Presents:
Baltimore’s Industrial Age: From Colonial
Town to Manufacturing Center
Tuesday, February 24
1 pm / Free



Jack
Burkert,
from the
Baltimore
Museum

Industry will present the roots of Baltimore as a center for commerce, business and industry. Raw materials arrived, finished goods were created and in between, a growing population of workers contributed the labor that made Baltimore an industrial landmark. In this survey of 19th century Baltimore, ranging roughly from 1815 to 1875, we experience the changes, watch as the landscape becomes urban, and touch on the thoughts and events shaping the citizens living with the changes around them. Sign-up in the lobby.

TED Talk– Health and Wellness
Technology Entertainment Design

Wednesday, January 13
9:30 am–10 am/ FREE

We’ve all been there, stuck like a sitting duck while the CEO drones on, or the politician who meanders through a speech. The alternative is a **TED Talk**, the future of public speaking and the gold standard for short, yet powerful speeches which covers almost any topic.

Movies at the
Bain Theatre
Thursdays, 1pm
FREE



January 7—*Going Clear: Scientology and the Prison*
Belief (Documentary)

January 14—*Trainwreck* (Featuring Amy Schumer,
Bill Hader and Colin Quinn) **Extra Showing at 6 p.m.**

January 21—*Crude* (Documentary)

January 28—*Spy* (Featuring Melissa McCarthy,
Jason Statham and Rose Byrne)

February 4—*Do I Sound Gay?* (Documentary)

February 11—*I’ll See You in My Dreams* (Featuring
Blyth Danner, Martin Starr and Sam Elliott)

Extra Showing at 6 p.m.

February 18—*Supermensch: The Legend of Shep*
Gordon (Documentary)

February 25—*Women in Gold* (Featuring Helen
Mirren, Ryan Reynolds and Daniel Bruhl)

The views expressed in the listed documentaries are the views of its makers, and do not necessarily express the views of the Office on Aging, the Department of Citizen Services, Howard County Government, or their officials and employees.

January & February Programs

Computer / iPad & iPhone Clinic

Wednesdays, Jan 6, 13, 27 & Feb 3, 24

9 am–12 noon/ Free

Have a problem with your iPhone or iPad or want to learn how to better use its many features? Need help with your laptop or desktop computer? Call the Bain Center to sign up for a one-on-one 30 minute meeting with an expert who will assist you with your concerns and questions.

Share Your Apps: Photo Edition

Tuesday, February 3

10:30 am-11:30am/ Free



Do you have a Smart Phone, iPad, or Tablet? Maybe you are thinking about purchasing one. Apps make the iPhones and Androids the powerful little

devices that they are. Bring your device and learn how to add the best photo apps to your device. Must register at the front desk.

Maryland Access Point (MAP)

Part of the Howard County Office on Aging, MAP is an information and assistance gateway for older adults, people with disabilities, family members, caregivers, and professionals. MAP can assist with information on respite and home care, long-term care, in-home evaluation, aging in place, home modifications, retirement, planning for the future, Medicare and health insurance, chronic disease management, housing, transportation, income management, and legal services. Appointments are conducted at the Columbia Gateway office, 50+ centers or in your home. Appointments are available weekdays, 8 am-5 pm. Contact MAP at 410-313-5980 or www.howardcountyaging.org.

Opera Lovers & Lunch

Tuesday, February 16

10 am/ Cost: \$13



“Turandot”, Puccini’s final opera, recounts the transition of an ancient Chinese princess from a cruel tyrant to a kind monarch thru the love of a foreign admirer who accepts her deadly challenge for her hand in marriage. This lavish Metropolitan Opera DVD production stars Eva Marton and Placido Domingo in one of Puccini’s most famous, melodic and beloved operas. Register by February 2, 2016.



Black History Month Program

Tuesday, February 23

10 am/ Free

John Milton Wesley, Author will present his 128 slide biographical, "Coincidental Encounters". The slide show traces Wesley’s evolution as a young Black male growing up in the 50’s and 60’s during the civil rights movement in the Mississippi delta, in the presence of well known icons of “the movement” such as his Godmother Fannie Lou Hammer, and his family’s insurance man Medgar Evers. Others include, John D. Rockefeller, III, James Rouse, Ralph Ellison, James Meredith, and Stokeley Carmichael. His work has appeared in the Washington Post and Essence Magazine to name a few. He has also been featured on National Public Radio, CNN, BET, FOX, ABC, NBC and CBS television networks. Wesley has lived in Columbia, MD since 1973. Sign-up in the lobby.

Maryland Insurance Administration Insurance Help for Maryland Consumers

Wednesday, Feb 24

9 am–12 pm

Confused about rate increases, billing notices, policy cancelations, or non-renewals? Concerned about the insurance company’s handling of your claim? A Maryland Insurance Administration Representative will be on-site to answer your one-on-one questions in the lobby.

Daily Programs

MONDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Wood Working (\$)	Woodshop
9 am—4:15 pm	Cards and Games (Drop-In)	Pantry
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9—10 am	Ask the Pharmacist (4th Monday of the month)	Health Room
9 am—Noon	Project Linus (2nd & 4th week)	Great Room 1
9 am—Noon	Knitting and Crocheting Group	Meeting Room
9:30—11 am	Better Health and Wellness (HCC) (\$)	Exercise Room
10—11:30 am	SeniorsTogether Current Events Discussion	Community Room
11:15 am—Noon	Tai Chi (Drop-In)	Great Room 2
11:30am—12:30pm	Cardio Fusion for Parkinson's	Exercise Room
Noon	Lunch	Great Room 3
12:30—3:30 pm	Korean American Senior Association	Great Rooms 1 & 2 / Meeting Room
1—2:30 pm	Religion Discussion Group (Drop-In)	Community Room
1—2 pm	Better Balance (\$)	Exercise Room
1—4 pm	Canasta (Drop-In)	Activity Room
1—4 pm	Gathering of the Arts (Drop-In)	Craft Room
2:30—3:30 pm	Yoga (\$)	Exercise Room
TUESDAY	PROGRAM	ROOM
8:30am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
9 am—Noon	Wood Working (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30—10:30 am	Arthritis Exercise Program (\$)	Exercise Room
9:45—11:45 am	Scrabble (Drop-In)	Pantry
10 am—11 am	Brain Fitness (See Page 12 for Dates)	Community Room
10 am—Noon	Pottery (HCC) (\$)	Craft Room
10:45—11:45 am	Silver Belles (tap dancing)	Exercise Room

Daily Programs

TUESDAY	PROGRAM	ROOM
10 am—Noon	Blood Pressure (1st & 3rd Tuesday)	Health Suite
Noon	Lunch	Great Room 3
Noon—4:15 pm	Duplicate Bridge	Activity Room
1—2 pm	Spanish	Enroll at the Front Desk—Meeting Room
1—2 pm	Let's Walk & Move (Drop-In Walking Club)	Great Room 2
1—2 pm	Zumba (\$1 Donation)	Great Room 1
1—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1—4 pm	Phase 10 card game	Great Room 3
WEDNESDAY	PROGRAM	ROOM
8:30—10:30 am	Woodworkers Guild Meeting	Community Room
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Wood Working (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9—11 am	HCC Bain Senior Choir (\$)	Great Room 1
9 am—3 pm	Massage (\$)	By Appointment
9:30—10:50 am	Better Health and Wellness (HCC) (\$)	Exercise Room
9:30—11:30 am	Bingo (\$)	Activity Room/Pantry
10—11:30 am	Bain "Buzz" Book Club (3rd Wednesday)	Meeting Room
10—11:30 am	English as a 2nd Language	Great Room 2
10 am—12 pm	Computer Tutoring by appointment— free	Lobby
11 am—Noon	Yoga (\$)	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Drop-in Poker	Pantry
12:30—2 pm	Alcoholics Anonymous	Conference Room
1—2 pm	Better Balance (\$)	Exercise Room
1—4:15 pm	Drop-In Chess	Meeting Room
1—4 pm	Drop-in Mahjongg	Activity Room

Daily Programs

THURSDAY	PROGRAM	ROOM
8:30 am—8:00 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
9 am—Noon	Wood Working (\$)	Woodshop
9 am--Noon	Gathering of the Arts (Drop-In)	Craft Room
9—10 am	Balance “4” All (\$)	Exercise Room
9:30 am—12 Noon	Artful Journaling (Recreation & Parks) (\$)	Community Room
9:30—11:30 am	Drop-in Pinochle	Pantry
9—11 am	Wii (Recreation & Parks) Must pre-register in the lobby	Lobby
10—11:30 am	Zoom– In Discussion Group	Meeting Room
10:15—11:15 am	Qigong (\$)	Great Room 2
10:30—11:30 am	Arthritis Exercise Program (\$)	Exercise Room
11 am—12 noon	Drop-In Zumba (\$1 Donation)	Great Room 1
Noon	Lunch	Great Room 3
12:30—2 pm	Seniors Together Brain Teasers	Meeting Room
1—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1—4:15 pm	Drop-In Scrabble & Cards and Games	Activity Room/ Pantry
1:15—3:45 pm	You Can Draw and Paint (R&P) (\$)	Craft Room
2:45—4 pm	Beginners Soul Line Dance (\$)	Exercise Room
3—4 pm	Chair Yoga (\$)	Great Room 2
5:00—8:30 pm	Massage Therapy	Health Suite
6:00—8:00 pm	LGBT Support Group (1st Thursday)	Meeting Room
6:30—8:15 pm	Man to Man Prostate Support Group (3rd Thursday)	Meeting Room
7—9 pm	Alzheimer’s Caregiver Support Group (2nd Thursday)	Meeting Room
FRIDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—noon	Wood Working (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9 am—3 pm	Massage (\$)	By Appointment Only
9:30—10:30 am	Chair Yoga (\$)	Great Room 2
9:30—10:45 am	Better Health and Wellness (HCC) (\$)	Exercise Room
10—11:30 am	Spin a Yarn/Drop-in Knitting & Crocheting	Meeting Room

Daily Programs

FRIDAY	PROGRAM	ROOM
10—11:30 am	SeniorsTogether Trenders	Conference Room
10 am—noon	Pottery (HCC) (\$)	Craft Room
10 am—noon	Music Appreciation (1st & 3rd Friday)	Activity Room
11:30 am—12:30pm	Functional Fitness for Parkinson's	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Cards and Games	Pantry
12:30 —2 pm	Gospel Choir (1st, 3rd and 4th Friday)	GR1
12:45—3 pm	Drop-in Rummikub and Cards	Activity Room
1—2:30 pm	Line Dancing (Drop-in)	Exercise Room
1:30—3:30 pm	Council Dance (2nd Friday) (\$)	Great Room 1-3

HCC/Bain 50+ Center Senior Choir

Registration: Wednesday, January 27th 9-11 am.

Are you 50+ years young and love to sing? Join Senior Choir for 50+ Singers at the Bain 50+ Center on Wednesday mornings from 9am to 11:15am and some optional Mondays. Sing everything in the world from Broadway tunes to spirituals. Learn new music and make new friends. No experience necessary! Director, Rita Mayhew. **Fee: \$22.11.**

AARP Tax Aide

Do you need help with your taxes?

AARP will be providing tax assistance at the Bain 50+ Center on the following days and times listed below.

February 1—April 15

Mondays—Wednesday 11 am —4 pm

Thursdays, 11 am—8:30 pm

Fridays 11 am —4 pm

Saturdays, 8:30 am—1 pm



Must call 443-741-1220 starting January 25, **NOT** The Bain Center for information and appointments.

Ping Pong

Available

Daily

Monday-Friday

8:30 am-4:30 pm



Phase 10 Card Game

Tuesdays, 1-4 pm Free

A Rummy-type card game with a FUN and exciting twist. Easy to learn and easy to play. Join us for a great time and make new friends!

SeniorsTogether News

For more information or to register contact

Karen Hull, 410-313-7466/khull@howardcountymd.gov

Elaine Widom, 410-313-7283/ewidom@howardcountymd.gov

SeniorsTogether: Connect, Learn, Grow!

SeniorsTogether is a peer outreach program created as an opportunity for older adults to proactively give **AND** receive. Activities supported by **SeniorsTogether** promote peer interaction, foster a positive outlook, develop social networks and support a thriving aging process. **SeniorsTogether** groups offers a safe, comfortable place to share ideas and concerns, find resources, and forge new friendships. Most groups meet weekly and are during the day (Caregiver Support Group meets monthly/evening). Sometimes groups are as scheduled and short-term. In addition, periodic luncheons are held at various Howard County locations and a wellness seminar series kicks off this Spring! For more details please contact Karen Hull or Elaine Widom, (see above block for details).

We look forward to hearing from you!

Current ongoing groups offered at Bain and other seniors centers are:

- Low Vision Support (BC)
- The Men's Forum
- The Brainteasers (BC)
- Caregiver's Support
- The Art of Aging
- Bereavement Support
- A variety of Discussion Groups: Current Events (BC), Zoom-In (BC) Trenders (BC)

Peer facilitators provide group leadership after completing an initial training, additional ongoing training is also provided. Peer facilitators can volunteer in other ways too.

SeniorsTogether APPRECIATION GIFTS *Recent Gifts*

In Memory of Merlin

By Anonymous

In appreciation of SeniorsTogether

By Altagracia Sanchez

Appreciation gifts are a meaningful way to express condolences, admiration and goodwill. Contributions directly support program activities. All donors receive a letter of gratitude and the honoree or designee receives a certificate.

Please include the name of the honoree, indicate if deceased or living, who should receive the certificate with an address if possible, and note if it can be announced in this newsletter. Please make checks payable to Director of Finance, Howard County, mail to: **SeniorsTogether**, c/o The Bain Center, 5470 Ruth Keeton Way, Columbia, MD 21044. Thank you.

Looking Ahead in 2016

MARCH

Low-Vision Group at
*Mt. Hebron High School Spring
Musical Production*

Low-Vision group hosts
Blind Industry Services of Maryland
March 31
SeniorsTogether Luncheon
Location: TBD



Health & Wellness

Nutrition Counseling

Thursday, January 14 & February 11
9:30-11:30 am

Counseling sessions by appointment only.
Must be 60 + to sign up
Nutritionist, Ashli Greenwald
Sign-up at the front desk or call 410-313-7213.

Chair Yoga

Thursdays, 3-4 pm
January 7—March 24 \$64
Fridays, 9:30-10:30 am
January 8—March 18 \$59

Join instructor **Karen Pedra** and learn the art of relaxation from a chair.

Let's Walk & Move

Do your 16 = 1/2 mile
Tuesdays, 1-2 pm

Be proactive with your health by walking. Walking 16 laps around the Great Room at your own pace equals a 1/2 mile. Listen to oldies but goodies while you log miles in the Great Room.

Brain Fitness-Neurobics

Tuesday, January 26 & February 23
10-11 am/ FREE

Improve your cognitive capacity and build your brain capacity. Instructor Robin Zahor, RN, BSN.

Qigong

Thursdays, 10:15-11:15 am
January 7—March 24 \$64

The art of Qigong is the science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate life energy.

Yoga

Mondays, 2:30-3:30 pm
January 4—March 28 \$59

Wednesdays, 11 am-12 noon
January 6—March 30 \$64

Join Certified Yoga instructor, **Mary Garrett**, and learn the techniques that promote good health and strength.



Better Balance

Mondays & Wednesdays, 1-2 pm
January 4—March 28 Cost: \$70

For those with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, balance bar, and seated exercise. Pre-screening required prior to enrollment, contact Jen Lee at 410-313-5940.

Yoga for Parkinson's

Thursdays, January 7—March 31
6:30 pm-8 pm

This drop-in class for Parkinson's patients and their care partners encourages correct alignment of the body. Sponsored by Yoga for Parkinson's, Inc., a non-profit organization. Suggested donation \$5 per class

Beginner Soul Line Dance Class

Thursdays, 2:45-4 pm
January 7—28 \$23
February 4—25 \$23

Join **Jesse Barnes**, our "seasoned" Dance Instructor who teaches throughout Central Maryland. Learn beginners' line dance steps and get fit at the same time.



Drop-In Zumba
Tuesdays, 1 – 2 pm & Thursdays 11 am— 12 pm
\$1 Donation

Health & Wellness

Sing with your Feet Drop-in Tap Dance Tuesdays, 10:45-11:45 am

- Fun
- Unstructured
- Laugh
- No Pressure



Nutrition Discussion & Food Tasting Friday, February 19 10-11 am/ Free

We have all heard the saying, "You are what you eat." **Nutritionist Linden Griffith** recognizes this to be true and she will discuss the importance of adding more fruits and vegetables to your diet. Samples of simple healthy foods will be available for your tasting pleasure. Reservations Required.

Man to Man Prostate Cancer Support Group Thursday, January 21 & February 18 6:30 pm -8:15 pm/ Free

Man to Man Prostate Cancer Support Group offers confidential support and education. Guest speakers include doctors, health care practitioners and survivors, who address issues related to treatment options, side effects and practical guidance. Meets 3rd Thursday every month from September -June. For information, contact Gary Scher at gscher@comcast.net or 202-253-1025.

BALANCE "4" ALL Thursdays , 9-10 am January 7—March 24 \$64

Learn balance, strength, posture and flexibility. Registration Required.

Ask The Pharmacist Monday January 25 & February 22 9-10 am/ Free

Pharmacist, Don Hamilton will provide individual answers to your medication questions. With the cold and flu season upon us, find out if you should take an over the counter medication or something prescribed by your physician.

Essential Touch Massage Therapy

Wednesdays/ Fridays 9 am-3 pm
Thursdays 5-8:30pm

Cost: \$48 60 minutes

Indulge yourself in a therapeutic massage designed especially for your needs with Massage Therapist Felicia Tenny, RN, LMT. It will relax your muscles while having an additional benefit of facilitating decreases in aches and pains, and promoting circulation of blood and lymph. Call the center for appointments.

New for the New Year- "Sweatin' to the Oldies" Thursday, January 14 10-11am/ Free

Richard Simmons' aerobic concert. Join us in Great Room 1 and get ready to burn calories and shed those holiday pounds. Sign-up in the lobby.



Blood Pressure Screenings 1st & 3rd Tuesday of the Month January 5, 19 & February 2, 16 10 am-12 noon/ Free

High blood pressure is a "silent killer." Know your numbers! Albertha Workman, RN will take your blood pressure to help you to maintain overall good health.

Nutrition & SHIP

Starting The New Year On A Better Path to Healthy Living -January 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Use a luncheon plate for dinner.	Choose whole or cut up fruits instead of juice.
3	4	5	6	7	8	9
Make at least 50% of your grains whole grains.	When eating out, ask for a take home container and fill it first!	Check food labels for sodium content: 600mg or less for an entrée.	Bake, broil or roast instead of frying.	Try a new fruit like kiwi, starfruit or papaya. 	Have a salad with dinner tonight with a small amount of dressing.	Make a smoothie with yogurt and fruit.
10	11	12	13	14	15	16
If at a buffet, choose mostly fruits and vegetables.	Set a good example for children by eating more than one fruit per day.	Choose water  instead of sugary drinks and soda.	Try a new vegetable such as jicama or turnips.	Check the newspaper for sales on fruits and vegetables that you can buy.	Choose UN-salted nuts and seeds for snacks.	Try beans as your protein source at a meal today.
17	18	19	20	21	22	23
Buy low-fat or 1% cheese and milk.	Good sources of fiber contain at least 10% Daily Value.	Try a new vegetable like Swiss chard or bok choy. 	Stick to your list of healthy foods at the grocery store.	Find a recipe for a new soup or stew to try.	Eat berries for dessert.	Make your own snack mix with healthful nuts and dried fruit.
24	25	26	27	28	29	30
Get in some physical activity today.	Meet a friend for a healthy lunch.	Have a new chicken dish for dinner.	Have low fat milk or yogurt with breakfast.	Try lightly buttered or unbuttered popcorn for a snack. 	Try an egg white scramble with chopped veggies.	Write down everything you eat for the day and check the good groups.

by Rona Martiyan, MS, RD, LDN

Medicare 101: What you can expect from Medicare Thursday, January 7 7-8:30 pm

Did you recently enroll in Medicare or will be doing so soon? Do you help someone who has Medicare as his or her health insurance? This presentation covers how Medicare Parts A (Hospital), B (Medical), and D (Prescription Drug) work, what the benefits are, and when you should make decisions related to your coverage.

Find out about benefit programs that can help pay for Medicare health care costs. Sponsored by the State Health Insurance Assistance Program (SHIP), Howard County Office on Aging. Register by calling **410-313-7391**.

Medicare 102: Why Medicare Isn't Enough Thursday, January 21 7-8:30 pm

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies (Medigap Plans). What should you consider when deciding if a Medicare Health Plan, such as an HMO, PPO or Cost Plan, is the right choice for you? Understand how the different Medigap plans cover the gaps (out of pocket expenses) of Original Medicare, how they are priced and when is the best time to enroll.

Hear about how to protect yourself and Medicare from health care fraud. Sponsored by the State Health Insurance Assistance Program (SHIP), Howard County OOA. Register by calling **410-313-7391**

Recreation & Parks/ Go 50+

Toss Across Fridays (except the last Friday of the month)

10:30-11:30 am FREE

Come try the latest backyard and tailgating craze that is being played coast to coast! Toss Across is a fun combination of bean bag toss and horseshoes and can be played just about anywhere (even the Bain Lobby!). Join Recreation and Parks as they provide you with simple instructions on how to play this new game.

Trivia Time

Last Friday of the Month

9:30-10:30 am FREE

Come show us what you know during this entertaining and informative hour of group trivia fun. Question categories range from sports to entertainment to geography and more. Join us in the Bain Lobby and help your team compete for bragging rights.

BUNCO!

Last Friday of the Month

10:30-11:30 am FREE

This could very well be the most exciting and fun filled hour of your month! Join us for Bunco, a simple dice game that can be played by just about anyone. Recreation and Parks provides easy instruction, and new players are always welcome!

RED HATTERS

01/19/16: Out of building

02/16/16: Art and Craft Project

Please call Ginny Russ at 410-313-7279 for trips and Red Hatters information.

Recreation & Parks Video Reveal Party Friday, January 22

10:00 am

Come see the finished version of the "Watch Me" video that was done by our very own Bain 50+ Members. Sign-up in the lobby.

Bus trips departing from the Bain 50+ Center

- | | |
|----------|---|
| 11/05/15 | Barn Quilts & Progressive lunch, Carroll County, 3 course meal included, \$99 |
| 1/20/16 | "South Pacific" at Toby's (meet at theatre, no bus) \$52, 10:30am-3:30pm |
| 1/27/16 | Washington, DC art galleries, \$49, 9am-4pm |
| 2/10/16 | Indian Museum, DC, \$52, 9am-4pm |
| 2/24/16 | Portrait Gallery, DC, \$52, 9am-4pm |



Our GO50+ membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works and plays in Howard County. Effective January 4.

Live longer, healthier lives... join today!

50+ CENTERS	GO50+ FITNESS	GO50+ POOL
<p><small>Membership includes access to Gary J. Arthur and N. Laurel Community Centers and all Howard County 50+ Centers.</small></p> <ul style="list-style-type: none"> Game Room Areas Gymnasiums Walking Tracks Wellness Programs <p style="text-align: center; font-weight: bold; font-size: 1.2em;">FREE</p>	<p><small>Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.</small></p> <ul style="list-style-type: none"> All 50+ Center Benefits Fitness Rooms Dance/Aerobics Studio* <p><small>Resident: \$75 per year Nonresident: \$100 per year</small></p>	<p><small>Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.</small></p> <ul style="list-style-type: none"> All 50+ Fitness Benefits Pool Access During Open Swim Hours <p><small>Resident: \$175 per year Nonresident: \$225 per year</small></p>

* Dance/Aerobics Studio not available at Ellicott City 50+ Center.

ELLCOTT CITY 50+ FITNESS CENTER
9401 Frederick Road, Ellicott City, 21042
410-313-0727
www.howardcountyparks.org
9:30 AM-4 PM, M, Tu, W, Th, F

GARY J. ARTHUR COMMUNITY CENTER
2400 Elm St, Columbia, 21033
410-313-4043 (toll-free line: 410-313-4452)
www.howardcountyparks.org/GJACC.htm
7 AM-6 PM, M, Tu, W, Th, F, Sa

NORTH LAUREL COMMUNITY CENTER
9411 Wesley Station Road, Laurel, 20723
410-313-0360 (toll-free line: 410-313-4452)
www.howardcountyparks.org/NLCC.htm
8 AM-9 PM, M, Tu, W, Th, F, Sa, Su

ROGER CARTER COMMUNITY CENTER
3000 Millersville Drive, Ellicott City, 21043
410-313-2264 (toll-free line: 410-313-4452)
www.howardcountyparks.org/RCC.htm
6 AM-10 PM, M, Tu, W, Th, F, Sa, Su
7 AM-9 PM, Su




January Menu

Monday	Tuesday	Wednesday	Thursday	Friday January 1
				CLOSED
Monday January 4	Tuesday January 5	Wednesday January 6	Thursday January 7	Friday January 8
ORANGE JUICE CAJUN PORK & RED BEANS RICE GREEN BEANS WHITE WH. BREAD FRESH FRUIT	MARIN. VEG SALAD SALISBURY STK/GRAVY MASHED POTATOES COLLARD GREENS WHITE WH. BREAD FRUIT	SPLIT PEA SOUP CHICKEN SALAD LTO SANDWHICH ROLL ORANGE	CARROT RAISIN SALAD SWEDISH MEATBALLS ROTINI KALE WHITE WH. BREAD APRICOTS	RANCH SALAD ROTISSERIE CHICKEN MASHED POTATOES ORIENTAIL BLEND WHEAT BREAD FRESH FRUIT
Monday January 11	Tuesday January 12	Wednesday January 13	Thursday January 14	Friday January 15 Chef Special
GRAPE JUICE BEEF STROGANOFF PARSILED POTATOES PICKLED BEETS WHITE WH. BREAD FRESH FRUIT	NAVY BEAN SOUP CHICKEN BBQ BROCCOLI SANDWHICH BUN APPLE	APPLE JUICE SL TURKEY/GRY MASHED POTATOES CARROTS WHITE WH. BREAD PEACHES	PICKLED BEETS BBQ BEEF CUBES RISOLE POTATOES STEAMED CABBAGE DINNER ROLL FRESH FRUIT	FRIED CHICKEN WAFFLES FRUIT SALAD MILK
Monday January 18	Tuesday January 19	Wednesday January 20	Thursday January 21	Friday January 22
CLOSED	CARROT RAISIN SALAD MEATLOAF/GRAVY SCALLOPED POTATOES STEWED TOMATOES WHITE WH. BREAD FRESH FRUIT	GELATIN BEEF STEW BISCUIT APPLE	MAR. GREEN BEANS TURKEY A LA KING RIGATONI BROCCOLI WHITE WH. BREAD PINEAPPLE CHUNKS	TOMATO SOUP HAMBURGER BAKED BEANS LTO SANDWHICH ROLL FRESH FRUIT
Monday January 25	Tuesday January 26	Wednesday January 27	Thursday January 28	Friday January 29
ORANGE JUICE ITALIAN MEATBALLS THREE BEAN SALAD MINI SUB ROLL FRESH FRUIT	VEGETABLE SOUP SW & SOUR PORK RICE KALE WHITE WH. BUN APPLESAUCE	CARROT RAISIN SALAD SALISBURY STEAK/GRAVY MASHED POTATOES BROCCOLI DINNER ROLL FRESH FRUIT	MAR. CUXS & ONIONS BAKED FISH /CREOLE BROWN RICE ORIENTAL BLEND WHITE WH. BREAD FRESH FRUIT	TOMATO SOUP KNOCKWURST BAKED BEANS COLESLAW HOTDOG BUN MIXED FRUIT CUP